

Meet the

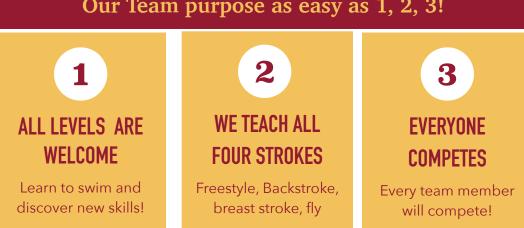


Mountain Pointe Roll Pride Swim & Dive Coaches



Meet our Head Coach Mona Nyheim-Canales

Mona has coached for more than 25 years including Olympic champions to beginners age 5 on. She holds a Master of Science in Sport and Exercise Psychology and a M.S. in Exercise Science. Currently, she is working on a Ph.D. in Performance Psychology. For more than 12 years, Mona worked in college academics with freshmen football, hockey and men's basketball including the University of Michigan. As Director of Academics Success at Colgate University they had a 100% graduation rate as well as a Valedictorian. Mona is a cancer warrior who embodies the PRIDE Spirit in every aspect of her life. This is Mona's fourth year coaching with Mountain Pointe.





Lynn Siebrandt **NFHS** accredited Coach



Elise Christv MPHS Graduate '23 2nd year coaching



Emma Siebrandt ASU Senior & Club competitive swimmer



Hayden Fogel MPHS Graduate '23 2nd year coaching

Our Team purpose as easy as 1, 2, 3!